

How to Talk About Using Condoms

Using condoms helps keep you and your partner healthy. Here's how you can bring them up:

- **The condom talk should happen before you have sex.** Don't want to stop things in the middle or worried you won't get to it at all? Practice what you're going to say beforehand, then, choose the right time to talk - before things get hot and heavy.
- **Be direct about what you want and why.** Using condoms correctly and consistently provides the best protection against STDs and HIV. Stress that sex without protection is not an option because your health and safety matter.
- **Talk about how using condoms can enhance your sex life.** Condoms can help you relax and enjoy yourself. In fact, people who use condoms rate their sexual experiences as just as pleasurable as people who don't.
- **Make a plan.** Decide who will buy condoms and make a plan to use them every time.



If your partner doesn't want to use condoms, find out why and talk it out:

If Your Partner Says: I don't like using condoms.

You Can Say: Why not?

If Your Partner Says: It doesn't feel as good with a condom.

You Can Say: I'll feel more relaxed. If I'm more relaxed, it will be better for both of us.

If Your Partner Says: Condoms are gross.

You Can Say: Being pregnant when I don't want to be is worse. So is getting an STD.

If Your Partner Says: Don't you trust me?

You Can Say: Trust isn't the point. People can have an STD without knowing it.

If Your Partner Says: I'll pull out in time.

You Can Say: Pulling out doesn't help much with STDs, and it can be hard to pull out in time.

If Your Partner Says: Condoms aren't romantic.

You Can Say: Protecting each other's health sounds really romantic to me.

If Your Partner Says: It just isn't as sensitive.

You Can Say: With a condom you might last even longer, and that'll make up for it. Or let's try a [female condom](#).

If Your Partner Says: Putting it on interrupts everything.

You Can Say: Not if I help put it on.

If Your Partner Says: I'll try, but it might not work.

You Can Say: Practice makes perfect.

If Your Partner Says: But I love you.

You Can Say: Then you'll help me stay healthy.

If Your Partner Says: I guess you don't really love me.

You Can Say: I'm not going to "prove my love" by risking my health. Do you really love me? Do you want me to feel safe?

If Your Partner Says: I'm not using a condom, no matter what.

You Can Say: I'm not having sex without a condom, no matter what. Let's not have sex.

If Your Partner Says: Just this once without it. Just the first time.

You Can Say: It only takes once to get pregnant or pass an STD.